

How to Make Oatmeal Bread

Healthful to Eat—Saves the Wheat

- 1 cup flour
- 1 1/2 cups corn meal
- 1 teaspoon salt
- 5 teaspoons Royal Baking Powder
- 2 tablespoons sugar
- 1 cup cooked oatmeal or rolled oats
- 2 tablespoons shortening
- 1 1/2 cups milk
- No eggs

Sift together flour, corn meal, salt, baking powder and sugar. Add oatmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

ROYAL BAKING POWDER

If used three times a week in place of white bread by the 22 million families in the United States, it would save more than 900,000 barrels of flour a month.

Our new Red, White and Blue booklet, "Best War Time Recipes", containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. H, 135 William St., New York

FOOD WILL WIN THE WAR

PINE GROVE

Mrs. A. J. Grow, who has been confined to her home for several weeks on account of illness, is out again, we are glad to note.

Mr. and Mrs. Isaac Jeffries returned from California last week Wednesday, after an absence of six weeks.

Harold Blackman was home from Fort Stevens on furlough over the week end. He and his wife, who came from Klondike, visited with the home folks.

Mr. and Mrs. Mark Cameron and son, Virgil, of Hood River, were callers at the Jarvis home Sunday afternoon.

Mrs. P. R. Laraway is still with her sister at Eugene. Adah Laraway is keeping house for her father this week.

Roy Mans returned to his work the early part of last week. Mrs. Mans will remain with her parents some time longer.

J. O. Mark and family made an auto trip on the Columbia Highway Sunday afternoon.

E. E. House is erecting a substantial residence on his property near Pine Grove. Walter Wells has the work in charge.

Several from the community attended the spelling bee at Hood River last Saturday evening and enjoyed the exercises.

The county Sunday school convention will be held at Pine Grove about the middle of May.

The auxiliary to the Red Cross will meet as usual Thursday.

Next Sunday will be Easter Sunday. Sunday evening there will be a missionary service including a lecture and lantern slides. Subject, "Cross vs. Crescent." It promises to be very interesting and merits a full house.

Last Sunday morning before the beginning of the regular services Elmer House gave a ten minute talk on a subject of interest to all. These talks are a pleasant feature of our meetings, as also the continuation of the Bible stories for the children by the pastor.

Last Sunday afternoon a quiet and pretty wedding was solemnized at the home of Mr. and Mrs. A. L. Mason, when they gave away their daughter, Joy, in marriage to Fred Tooley, of Oriley. The ceremony was performed by Rev. E. C. Newham. Only the near relatives of the contracting parties were present, with the exception of Mrs. Joe Varnier, a close friend of the bride. After the wedding dinner the happy couple left on the evening train for The Dalles, where they intend making their home for the summer. The best wishes of a host of friends will follow them wherever they may go. The other guests at the wedding were Mrs. C. E. Tooley, mother of the groom; Mr. and Mrs. R. M. Mann and Master Elwyn Mann, of Portland, and Mrs. Roland Wylie, of Hood River.

BELMONT

Mr. and Mrs. Vaughn and family, newcomers in our neighborhood, have rented the Osmond ranch and are nicely settled there. We are glad to welcome them among us.

We were pleased to hear that one of the boys from our community is making good and has been promoted. Earl Ely has been advanced to corporal. Earl is a member of Truck Co. No. 8, 22nd Engineers, and is stationed at Camp Laurel, Maryland.

F. C. Knowles spent the week end looking after his ranch interests. While here he made arrangements with Mr. Turpin to look after and take care of his ranch. Mr. Knowles has been re-elected for another year to teach in the high school at Walla Walla, Wash.

Albert Brunquist came from Portland and spent the week end with his aunt, Mrs. H. T. Regnell.

Mrs. B. E. Helfer spent a day with Mrs. Regnell. While here she was looking after the interests of their ranch in Belmont. Mrs. Helfer is visiting friends on the East Side.

Mr. and Mrs. Leon Roberts, who have been visiting Mr. and Mrs. Farrell for the past two weeks, left Saturday for Seattle, Wash., where they will visit the parents of Mrs. Roberts.

Mrs. Marsh Isenberg and daughter, Jean, came home from Portland Sunday. We hope Mrs. Isenberg's health will continue to improve.

Mrs. Archie Radloff and family are looking forward to an enjoyable visit with her mother and youngest sister, whom she expects to come this week from Portland.

The Current Events club met last Tuesday at the home of Mrs. George Galloway. Among the current events Mrs. E. J. Nicholson gave parts of a letter written by her son, Ray, who is now somewhere in France, which were very interesting. We were glad to hear about Ray and to know that he had gotten there safely. A pleasant social hour was spent. Dainty refreshments were served by the hostess. It was decided that all refreshments in the future should be dispensed with.

Mrs. Elmer Isenberg and daughter, Lois, were expected home Saturday from Clackamas, they having gone there to attend the funeral of Mrs. Isenberg's grandmother.

Marsh Isenberg sent his friend, Earl Ely, a smile book.

Mrs. Will Ely is very proudly wearing a handsome service pin sent by her son, Cpl. Ely.

Wm. Warren is on the sick list, being under the care of a physician. Mr. Warren is troubled with his heart.

Mr. and Mrs. Clayton Wentz, of Portland, intend to make their future home on their ranch.

Mr. and Mrs. Pemberton and family intend to move this week to the "Treadwell" place, lately occupied by Mrs. Neal and family. Mrs. Neal having moved to the Lanham place in the Barrett road.

Mrs. Hoagland and family have moved from Alameda Way to Brookside drive. The place they were living on has been sold to Dr. Hasbrouck.

MOUNT HOOD.

The Sunday school will give their Easter program at the Sunday school hour, 10:30, Sunday morning. There will be Easter services Sunday evening with special music.

J. C. Davidson left last Tuesday for Canada, where he will work on a ranch.

Mace Baldwin and family were up last Sunday from Hood River, the guests of the C. W. Clark family.

C. W. Clark and daughter, Sylvia, and Mrs. A. Sandman were Hood River visitors last Monday.

Will Lenz and family spent Monday at J. B. Dimmick's home.

Mrs. J. D. Smullin and children spent several days at Hood River last week with special music.

J. B. Doggett has a crew of men working on the roads.

Clarence Hale was up from Odell last Thursday to visit his brother, Roy Hale.

W. H. Edek was a business visitor at Hood River several days last week.

Viola Jordan, Golda Clark and Howard Kitchel were out of school a part of last week on account of sickness.

The Industrial club met with Sylvia and Golda Clark Saturday afternoon.

A. C. Jordan spent Saturday with his family at Mount Hood returning to his work Sunday morning.

Films left with us up to 4 o'clock p. m. are ready for delivery the next evening Slocum & Candell Co. m22

MOSIER.

From The Bulletin

J. O. Beldin made a trip to Hood River last week.

Mr. and Mrs. B. A. Berry were visitors last week in Hood River.

D. W. Hudson was a visitor in The Dalles Friday.

Fred Evans made a trip to The Dalles last week.

Mrs. J. E. Higley was a visitor last Friday morning in Hood River.

Henry Dunsmore was in The Dalles and Hood River last week.

S. E. Evans and son, Forrest, were visitors last week in Hood River.

Mrs. S. D. Fisher was up from Hood River this week for a short stay.

J. H. Bywater was here Tuesday from Hood River on business.

Mr. and Mrs. C. L. Joy were in Hood River the latter part of last week.

F. B. Snyder was here last week from Hood River to look after plumbing work on the Mayerdale ranch.

Mrs. Jas. Pierson, and daughter, Violet and son, T. D., spent an afternoon the latter part of last week in Hood River.

Frank R. Howard was here Friday from Hood River inspecting the lines for the Pacific States Telephone Co.

Dr. H. L. Dumble was here from Hood River last week on a professional call.

Philip Templemeier was in Hood River between trains the first of the week.

J. P. Carroll and his son, J. M. Carroll, were in The Dalles on business Wednesday.

Mrs. Nancy Hunter, who has been seriously ill for the past month, is now improving.

Miss Blanche Ross is reported to be much better since her light attack of appendicitis last week.

Wm. A. Marsh had an attack of pleurisy Wednesday night. His condition has improved now.

Mrs. Ben Sellinger and her sister, Miss Elsie Carlson, were visitors in Hood River last week.

Mr. and Mrs. Ray Bailey spent the last of the week visiting in Hood River.

C. J. Fredrickson made a trip to Hood River yesterday afternoon on business.

Miss Viola Gibson and her sister, Mrs. Brooks, were week end visitors in Portland.

Wm. A. Marsh was in The Dalles last week where he purchased a Chevrolet. He motored back with Fred Evans who drove the new car.

Mrs. Flora Morgensen, who resides in the vicinity of Tygh Valley, arrived Friday afternoon for a visit with the family of her brother, Geo. Chamberlain.

Mark A. Mayer was called to Portland Tuesday afternoon on account of the death of Mrs. I. N. Fleisher, wife of his partner in the mercantile business in Portland.

G. P. Morden came up last Friday from Portland for a short stay here on his ranch. He said that his little son and daughter, who have been very ill with pneumonia, are now much improved.

Mr. and Mrs. Fred Welch came up from Portland Tuesday where they have been during the winter. Mr. Welch will be employed here looking after the ranch interests of G. L. Davidson, of Portland.

Miss Pearl McClure, who accompanied her sister, Mrs. June Rhodes who went to Portland Wednesday, as far as Hood River, went from the latter city to The Dalles where she expects to visit at the home of her sister, Mrs. E. O. Winans, for a month.

At the regular meeting of the city council held last week, W. E. Chown was elected to the office of city recorder, made vacant by the resignation of P. L. Arthur. Mr. Chown will hold office until the general election in November of this year.

E. J. Middlewast was here from Hood River the latter part of last week. He had approximately 50 boxes of small size Newtowns stored in the apple warehouse of C. L. Joy which were not packed last fall. The apples were packed last week and shipped to a buyer.

Mrs. C. O. Perley returned Wednesday from Portland where she had been for the past three weeks visiting with Mr. and Mrs. G. P. Morden and other friends. Mrs. Perley says that the two little children of Mr. and Mrs. Morden, Gloria and Carroll, are now lots better.

Mrs. Ed. L. Howe was here the first of the week from Portland to look after her orchard interests. Mrs. Howe, who has been spending the winter in Portland, is making a trip to California before coming to Mosier to remain on her ranch for the summer.

C. L. Joy, who was in The Dalles and Hood River this week on business is planning to erect a house on his orchard tract east of the city. He contemplates beginning work as soon as possible and will build a small house this spring. He intends later to use this for a woodshed and later will erect a substantial dwelling on the place.

Mrs. June Rhodes left Wednesday morning for Portland where she will reside. She has moved her household goods to the ranch home of her mother, Mrs. W. T. McClure, for the present. Mrs. Rhodes plans on engaging in millinery. Her daughter, Florence, will remain here with her grandmother, until her school term is finished.

Kenneth McKay was here Wednesday from Hood River for a visit with Dr. C. A. Macrum and R. D. Chatfield. Mr. McKay, who formerly was manager of the Fruit Growers Exchange at Hood River, has been in the east for over six months representing the Northwestern Fruit Exchange, of Seattle.

Claude Thompson, formerly of Hood River, who is now traveling representative for the Edliffen Fuel Co., of Portland, was here this week for a visit with Mr. and Mrs. R. E. Shim. The two men are members of Sigma Alpha Epsilon, a Greek letter fraternity, at the Oregon Agricultural College.

Noble Grand J. O. Beldin has called a special meeting of the local I. O. O. F. lodge for Saturday evening, March 23, at 8 o'clock for the purpose of entertaining a delegation from Good Will lodge, I. O. O. F., White Salmon, Wn. All members are requested to attend.

The visiting fraternity will comprise a team which will conduct degree work in the local lodge chambers.

Under the direction of Chas. T. Bennett, road supervisor, workmen are busy constructing a concrete culvert to be used across the gage which the Fisher bridge now crosses. The bridge will be eliminated and a fill made in its place. The country truck is expected here from The Dalles for that purpose.

Frank Ginger motored to The Dalles last week and this week. He was accompanied Wednesday by Chas. T. Bennett. The best route at present, says Mr. Ginger, is by way of Oriley. The roads are in fairly good shape, although there are a few soft, muddy stretches.

Dr. Thompson Coberth motored over from The Dalles yesterday in response to a professional call. He was accompanied by his father, Dr. Coberth, who was appointed first lieutenant in the medical reserve corps several months ago, has been given a captain's commission. Dr. Coberth will be a member of hospital unit number 46, which will mobilize in Portland within short time.

In a letter received by his sister, Miss Mildred Cooper in The Dalles, Lieut. Kenneth L. Cooper, who is a member of the Reserve Corps stationed at Camp Lewis, states that he expects to be detained there for some time. He is a member of Co. 364th Inf. He wrote that himself and Mrs. Cooper and Private L. J. Merrill enjoyed dinner together last Sunday at Tacoma. Mr. Merrill is a member of Ambulance Co. No. 361.

Fred Templemeier, who went to Missouri two months ago for a visit to his former home, returned yesterday. He was united in marriage with Miss Una Belle Puley on March 11, at Sedalia, Missouri. After a visit for a week with the bride's sister at Red Oak, Iowa, they came through Michigan to Spokane, arriving here on the 11th.

Mr. and Mrs. Templemeier will reside on the groom's place south of Mosier.

Mrs. G. H. Swain, who underwent an operation in Portland a week ago Sunday, expects to return home within a week. Since leaving the hospital she has been under the care of Mrs. W. P. Laws. Her little boy, John, has been with her. Mr. Swain, who is manager of the East Hood River Fruit Co. ranch, spent Sunday with his wife in Portland. He was accompanied by Mr. Laws, who is an employee of the same company, and who remained for a few days' stay.

Letters received from Privates Clyde Root and Leonard Zackman who left here recently with a contingent from Oregon and were inducted into the service as truck drivers, announce their arrival at Camp Kelly, Texas. They are not in the same squad, and state that they have had little opportunity to get around the camp. Zackman writes that the airplanes are so thick overhead that at night he has been having difficulty in trying to sleep.

J. R. Newsum was here this week from Portland visiting with relatives. He is a nephew of Mr. and Mrs. Jas. Piercey. Mr. Newsum, who is a railroad brakeman, has been convalescing in Portland from severe injuries received when he struck a watering tank while on duty on a train. His damage suit has not been completely settled in Portland but he will leave soon for Texas to visit a brother who is in an aviation camp. His mother and sister reside at Bryson, Texas, where he will also visit before returning.

After an extended visit since last October with relatives and friends at his former home near Sedalia, Mo., Philip Templemeier returned home Saturday. He says that the farmers in that country are now prosperous, raising as a specialty corn and hogs. The past winter has been unusually cold, he declared, but with wood plentiful in adjacent timbered sections, no fuel famine existed there. The scarcity was noted in Kansas City and other metropolitan centers.

L. M. Nichol went to Hood River yesterday after a visit here at the homes of his brothers, C. G. Nichol and W. S. Nichol, where he will remain for a few days with his mother, Mrs. R. E. Roy. Formerly in the grocery business in this city, L. M. Nichol left here three years ago with his family and went to Alaska where he worked in the mines. Later he went to Nevada, and is now employed in a big copper mine 18 miles from Reno as drill machinist. He says that the business activities are lively in that part of the country, and mines and smelters are working to full capacity.

The lesson of thrift as taught by the war saving stamps has been well exemplified in Mosier by the fact that the \$1,000 mark has been passed in the sale of war certificates and thrift stickers. Old and young are adhering firmly to the plan adopted by our government to promote the investment of small earnings saved from incomes to support this government as well as to inculcate sound economic principles into the minds of American people for their general welfare.

Miss Lenora Hunter reported yesterday that the aggregate amount of sales as reported at the local postoffice to date had reached \$1,020.07.

J. A. Elliott, highway engineer, was here this week from The Dalles with a crew to survey the pile of screenings near the rock crusher which the county recently purchased from J. N. Mosier and the Pacific Bridge Co. From the survey Mr. Elliott will be able to figure the exact number of yards contained in the pile. Guesses on the amount, by various persons witnessing the survey ranged from 6,000 to 15,000 yards. However, R. J. Taylor, while employed here for the Pacific Bridge Co., in a survey made by him, figured 15,000 yards. Since then considerable amount has been taken away. It seems probable that the county court will let the entire quantity to hard-surface the new Dry Creek highway from Mosier to the top of Seven Mile hill.

Mr. and Mrs. P. L. Arthur left here Sunday on the steamer Tahoma, after waiting from 8 o'clock in the morning until nearly 12:30 for the boat to arrive. After an hour spent in unloading and loading freight, Mr. and Mrs. Arthur went aboard as soon as their automobile had been put on. Loaded to capacity with freight and carrying a number of passengers, the little Tahoma now being the only steamer running the full distance between The Dalles and Portland, they arrived at Cascade Locks at 9:30 p. m. Here the car was put ashore, and Mr. and Mrs. Arthur motored over the highway to Portland, reaching their destination shortly before midnight. They have secured apartments at 21st and Flanders streets. Mr. Arthur returned to Mosier on the train Wednesday night and will remain here a few days to finish packing his household goods as well as his stock of drugs for shipment.

Chamberlain's Cough Remedy a Favorite for Colds

J. L. Easley, Macon, Ill., in speaking of Chamberlain's Cough Remedy says: "During the past fifteen years it has been my sister's favorite medicine for colds on the lungs. I myself have taken it a number of times when suffering with a cold and it always relieved me promptly."

Card of Thanks

We express our sincerest thanks and gratitude to the many kind friends of Hood River for their kindness and sympathy in the death of our poor dear son and brother. The Absten Family.

KEEP THE GERMANS AWAY, SAYS WOMAN

Hood River, Ore., March 26, 1918.

Editor Glacier: After reading the suggestion in last week's issue of your paper desiring the returning transports to bring back German prisoners to work on our farms, I wish to advance this suggestion, that I am sure will meet with much better approval among your readers.

The suggestion is this: Instead of filling up our country with men who for a few dollars of the kaiser's propaganda money would at the first opportunity blow up our munitions factories, create strikes, try to dynamite our troop trains and put ground glass in our horses' feed, I wish we might reverse the idea and have enough ships to transport all the pro-Germans already here back to the fatherland, where they belong.

Besides, from the experience of Belgium and France, no woman would be safe on these farms with German prisoners about. A Feminine Patriot.

WHITE SALMON.

(From the Enterprise)

Several loads of heavy machinery consisting of engines, boilers and planers are being hauled through town this week from the White Salmon depot at the new saw mill at Laurel.

Persons now wishing to go to the county seat must take the 10:47 a. m. train at the local depot, as a change has been made in the time of the Goldendale train leaving Lyle. No connections can now be made by taking the through noon train here.

Graveling of the first unit of the improvement of the Snowden road is under way. Gravel being taken out of the pit in town is being hauled on the Snowden road leading out of town, and just beyond the city limits. The work will now be pushed as fast as possible during the good weather.

Despondency Due to Constipation

Women often become nervous and despondent. When this is due to constipation it is easily corrected by taking an occasional dose of Chamberlain's Tablets. These tablets are easy to take and pleasant in effect.

One of a Series of Informative Articles on Dental Hygiene—No. 1

Did Caesar Have His Dentist?

DENTAL Hygiene is the science of taking proper care of the mouth and teeth to promote good health.

Relics of ancient times show that the Egyptians, Babylonians, Greeks, Romans, all had a system of dentistry, however crude it may have been.

In 1850 the first College of Dentistry was established in the United States, at Baltimore. Dentistry has made rapid progress since then, and to-day it is recognized as second in its importance to good health and human welfare.

You should know more about your teeth, their care, and their relation to your general health. Prevention of decay of the teeth and gums is the modern watchword of dental science. It is a great deal better to prevent dental troubles than have them to cure.

The mouth is the gateway of the body. It is good teeth, good mastication, digestion, nutrition, energy, health and happiness. Few mothers fully realize their responsibility for the injury likely to result if their children's teeth do not receive proper attention and care.

Published by the Board of Dental Examiners State of Oregon

"Portland's Real Conservatory"

with a staff of 15 European trained artist-teachers ready to instruct students from the elementary principles to the highest finish in Piano, Voice, Violin, Cello, Harp, Dramatic Art, Stage Technic, Esthetic Dancing, Languages and ("Music as Taught in Public Schools.") Special Summer Course to School Teachers.

Founded by Mme. Lucie Valair of Paris, France

Soprano Soloist—Director

SPECIAL ADVANTAGES
Free Class Lessons included in regular tuition.

SEND FOR CATALOGUE
234 10th St., Portland, Ore.
Main 7386

RUTH HOWES Teacher of Piano

Residence, 221 Prospect Ave.
Telephone 3353

EDITH WOODCOCK Teacher of Piano

Professional pupil of Mr. Thomas C. Burke Endorsed by Mrs. C. E. Coffin.
For Information, Telephone 1571

PAUL WOOLSEY Piano Organ Tuner Player Expert

Phone 2742 HOOD RIVER

Dr. Carolyn Underhill DENTIST

Smith Building Telephone 2021

Dr. William Morton Post Dentist

Rooms 1 and 2 Hall Bldg. Phone 2491
HOOD RIVER, OREGON

C. H. JENKINS, D. M. D. DENTIST

Telephones: Office 1081; residence 3331
Office over Butler Bank

E. L. SCOBEE, D. D. S. DENTIST

Telephones: Office 3161; residence 3421
Office in Brosius Building

J. F. WATT, M. D. PHYSICIAN AND SURGEON

Telephones: Office, 1091; residence, 3571.
SURGEON O. R. & N. Co.

H. L. DUMBLE, PHYSICIAN AND SURGEON.

Calls promptly answered at town or country Day or Night.
Telephones: Residence, 401; Office, 124.
Office in the Brosius Building

E. D. KANAGA Physician and Surgeon

Phones: Office 4211 Office in Eliot
Res. 1811 Building

Dr. William G. Kellar, OSTEOPATHIC PHYSICIAN

AT
HOTEL OREGON SATURDAYS
Beginning Saturday, March 23.

DERBY & STEARNS Lawyers

HOOD RIVER, OREGON.
Telephone 3671 Elliot Bldg.

Wilbur & Hazlett Lawyers

HOOD RIVER, OREGON
L. A. A. P. & R. C. REED
LAWYERS
849 McKnight Building
Minneapolis, Minn.

ERNEST C. SMITH Lawyer

Rooms 1 and 2 Hall Building
Hood River, Ore.

A. R. Cruikshank, C. E. Surveying and Blueprinting

Room 28, Heilbrunner Building
Res., Tel. 3252

F. B. Snyder B. B. Powell Hood River Plumbing Company

SANITARY PLUMBING
AND HEATING
Tinning and Sheet Metal Work. Gasoline
Engines, Pumps, Fans, Repairing Promptly
Attended. Estimates Furnished. Phone
1624. Next to City Water Office.
OAK STREET

W. J. Baker & Co. Dealers in

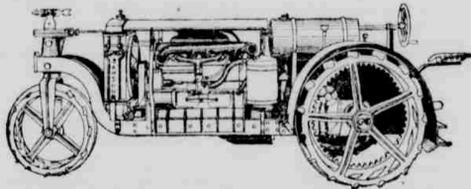
REAL ESTATE

Fruit and Farm Lands

Is prepared to do any work in the veterinary line. He can be found by calling at or phoning to the Fashion Hotel.

CO-OPERATION.

Last week a rancher begged us to plow his 15 acres with the Samson, another was hopelessly seeking a tenant, while we hear continually, "I wish some fellow would get a tractor in our neighborhood." What's the problem? How solve it? What about forming a tractor club? Think it over, then act.



Now is the time to turn that old car in on a new